

If you have a family member or friend who has a drug or alcohol addiction, it can be very hard to know what to do for the best.



However, Blackburn with Darwen Carers Service offers free and confidential support, which can greatly help to reduce the impact on you and other family members or friends.

## The Young Carers Service

If you are under 18 and have a family member who uses drugs or alcohol, support is available for you too. Contact us for more information.

## Remember the 'Three C's':

- You didn't **CAUSE** it
- You can't **CONTROL** it
- You can't **CURE** it

But you **CAN** get help from the **CARERS SERVICE** to help you deal with your situation.

**DON'T** suffer alone.

**Blackburn with Darwen Carers Service**

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**Does somebody  
you care about  
use drugs or  
have an alcohol  
issue?**



Support for partners,  
parents, family members  
and friends who are  
affected by another person's  
addiction in  
Blackburn and Darwen.



# Support for family members or friends affected by addiction

## Addiction doesn't just affect the user!

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Family members are often desperate for their loved one to stop drinking or using drugs. Whether that individual recovers is up to them. However, one of the most important things you can do is to:

### Get support for yourself!

It may sound strange, and you may feel that you're not the one with the substance misuse problem, but a family who is healthy and supported is in a much stronger position to influence their loved one to seek help.

We can help you learn how to help your loved one, not support their drug or alcohol use.

## What is available?

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- Flexible 1-1 support
- Support group
- Practical advice
- Social activities
- Opportunities to relax and de-stress
- Support to manage the situation
- Chance to focus on your own wellbeing
- Information about drugs and their effects
- Information about local addiction support services



## Who is it for?

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Anyone over the age of 18 who is affected by someone else's drug or alcohol use.

**The service is free,  
confidential and non-  
judgemental.**

To find out more, phone  
**01254 688440**  
or e-mail:  
[office@bwdcarers.org.uk](mailto:office@bwdcarers.org.uk)